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NEWS WORTH SHARING.

WHIPPING UP BUSINESS

Tourism Vancouver hopes the success of Fifty Shades of Grey, staring Dakota Johnson and Jamie Dornan, pictured, will help draw fans of the movie to Vancouver. In its most recent newsletter, the organization lists spots around town that served as backdrops in the blockbuster. **Story, page 4.** CONTRIBUTED

Parkland still vulnerable, group warns

Protection. Industry can request adjustments to park boundaries under B.C. legislation

The provincial government's move to expand B.C.'s park system by 1,540 hectares has received muted praise from the Canadian Parks and Wilderness Society (CPAWS).

While Peter Wood, CPAWS director of terrestrial campaigns in B.C., said it's good the government is moving to protect more land, the announcement is offset by legislation passed last year that allows for park boundaries to be adjusted to facilitate industrial development.

"Any park is open to development now, so that underwhelms our enthusiasm for additional protected areas," said Wood.

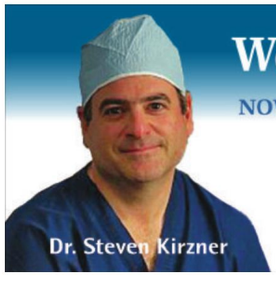
Since the government introduced the Provincial Amendment Act last year, allowing park-use permits to be issued for filming and research activities — including industrial feasibility studies — there have been 10 requests for park boundary adjustments from proponents.

The proponents include Kinder Morgan Canada, which has applied to amend the boundaries of four parks and protected areas to enable the construction of the proposed Trans Mountain Pipeline Expansion.

Another application from the Seabird Island Band proposes the removal of 5.7 hectares of land through Sasquatch Park for a logging road.

"That would really prevent campground opportunities for families and open up logging on the far side of the protected area," said Wood.

Environment Minister Mary Polak was not available for comment. MATT KIELTYKA/METRO



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fortwo pure coupe	2013	Z1300190	$17,400.00	SOLD	fortwo passion cabriolet	2013	N1300510	$25,150.00	$16,650.00
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NEWS

Health

Vancouver nail salon's 'Botox' seized

A Vancouver nail salon has been cited for injecting an unauthorized substance into customers, Health Canada said.

The federal agency announced on Tuesday that it has seized a health product being injected at Art Nails Ltd., at 751 Helmcken St., which appeared to be unauthorized because it contained no labelling. Health Canada said in a statement that the owner claimed the product was Botox.

All products administered by injection in Canada must be authorized by Health Canada and have approved labelling, according to the agency.

Customers who had any injections administered at Art Nails are asked to consult their health-care practitioner.

Potential risks associated with injecting an unauthorized version of a health product such as Botox can range from mild local paralysis to death, according to Health Canada.

The agency has released photos of five see-through vials that were seized, including one containing a white "cake-like" substance, another with a clear liquid and one that has no cap and a sticky residue where a label was apparently removed.

Dr. Heidi Oetter, registrar of the B.C. College of Physicians and Surgeons, said only doctors and dentists can inject Botox.

"But a doctor may provide an order for a nurse to do the injection under their direction," she said.

MATT KIELTYKA/METRO, WITH FILES FROM THE CANADIAN PRESS

Pills on display at Vancouver police headquarters that were allegedly being sold on the street as OxyContin but are believed to contain fentanyl. NEAL HALL/FOR METRO

Police seize deadly fentanyl in huge bust

Crime. Ten people charged in Project Tainted investigation

NEIL HALL
vancouver@metronews.ca

A joint-forces police crackdown on distributors of the illegal painkiller fentanyl has resulted in the arrest of 10 people and the seizure of more than $1 million in street drugs.

At a news conference Tuesday at Vancouver police headquarters, police displayed some of the drugs seized, including 500,000 pills being sold as the painkiller OxyContin but believed to contain fentanyl, a potentially deadly synthetic drug that is up to 100 times stronger than morphine.

The fake OxyContin pills are sold for $10 on the street in Vancouver but fetch up to $150 in the oil-patch towns in northern B.C., police said.

Police executed 11 search warrants on Feb. 17 in Vancouver, Burnaby, Richmond and North Vancouver, resulting in 71 charges against 10 people.

Police also seized seven vehicles, $215,000 in cash, a pill press, money counters, 13,000 oxycodone pills, 29,000 fentanyl pills, 147,000 pills believed to be Alprazolam, 503,000 coloured pills yet to be analyzed, 9.5 kilograms of crack cocaine, 5.5 kilograms of powdered cocaine, 19.5 kilograms of marijuana, one kilogram of methamphetamine, three kilograms of hash, half a kilogram of heroin, 2,200 flaps of heroin, various other drugs including steroids, four guns, two replica guns and one bulletproof vest.

The announcement came a day after police and health officials issued a warning about the danger of fentanyl.

The investigation, which began last October and was code named Project Tainted, involved the Vancouver police Organized Crime Section and members of the Burnaby RCMP drug section.

What prompted the investigation was an unprecedented rise in the number of overdose deaths from fentanyl, explained Vancouver Police Supt. Mike Porteous.

He said fentanyl was associated with 75 overdose deaths in B.C. last year, which led Vancouver police to launch a five-month investigation last October to disrupt the distribution lines of the drug.

Porteous said police began at the street level and worked their way up the distribution chain, arresting some key players, including a 22-year-old man charged with attempted murder related to a shooting in South Burnaby last year and two counts of drug trafficking.

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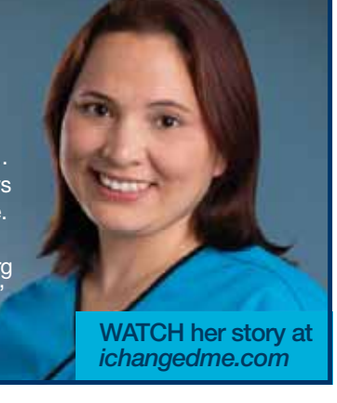

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Fifty Shades of Grey whips up tourism

Tourism. Promoter hopes added exposure will draw fans of the books, film to the city

MATT KIELTYKA
matt.kieltyka@metronews.ca

Fifty Shades of Grey star Jamie Dornan poses with fans while on set in Vancouver. CONTRIBUTED

Tourism Vancouver hopes a few carefully placed plugs will lure Fifty Shades of Grey audiences to the city where the film was shot.

The tourism promoter featured the steamy motion picture in their latest mail-out to tourism trade organizations and international media to highlight locations for the shot-in-Vancouver production.

The locations include Gastown's Rainier Provisions café, Shebeen Whisky House (apparently a popular hang out for cast and crew during the shoot), Coal Harbour and the Fairmont Hotel Vancouver, where "that unforgettably steamy elevator episode was filmed."

The Fresh from Vancouver newsletter invites recipients to "rub up against these sensual spots on your next trip to the city."

It's all harmless, good-natured fun and a logical promotional tool, according to Tourism Vancouver's manager of trade and travel media relations, Amber Sessions.

A German newspaper has already published a film location guide, and Fifty Shades of Grey is just the latest in a string of Vancouver productions that has piqued fan interest in the city.

"We still receive calls about locations in Vancouver from movies and shows like the X-Files," said Sessions.

"Twilight was the last big one, especially because it featured the outdoors of British Columbia and really lined up well with our marketing."

Though Vancouver stands-in for Seattle and Vancouver, Wash., in Fifty Shades, there are still plenty of recognizable locales around town for keen-eyed visitors to the Canadian city.

"We'd love to see some more spin-off around it," said Sessions. "So [Fifty Shades of Grey] is a plus for tourism."

The film, based on the best-selling novel of the same name written by E. L. James, has grossed more than $480 million US worldwide since its release last month.

And with the next big-budget Star Trek movie set to shoot in "Hollywood North" later this year, Tourism Vancouver hopes there could be another wave of film sightseers beaming down soon.

Health. Parents file human rights complaints over school care for kids

Two Lower Mainland families with children who have Type 1 diabetes have filed human rights complaints about the care their kids received in school.

The parents claim that the standardized care plan, introduced provincewide in schools last September, does not accommodate the different needs of children.

One of the parents, Guilly Milburn, said Tuesday that after the first two days at school last September, her six-year-old daughter Scarlett had a serious hypoglycemia episode at Herbert Spencer elementary in New Westminster.

"She was shaking and crying," the mother recalled. "They were putting her life in danger. She could have had a seizure."

Milburn said she and her husband, Colin, decided to withdraw consent for their daughter being on the standardized care plan.

The mother said she put off returning to work last year so she could care for her daughter at school.

Her daughter needs her blood sugar level checked about eight times during the school day and up to 20 times daily, she said.

The parents eventually bought a $1,000 device that her daughter now wears on her arm to monitor blood-sugar levels, Milburn said.

Things have improved for her daughter, who is in first grade, but the mother hopes the human rights complaint will address the need for individualized care for kids with Type 1 diabetes.

Quoted

"She was shaking and crying. They were putting her life in danger. She could have had a seizure."

Guilly Milburn, whose daughter Scarlett, 6, had a hypoglycemia episode last year.

The human rights complaint is filed against three ministries — health, children and family development, an education — claiming delays in checking blood sugar levels can result in damage to vital body systems, seizures, comas and even death.

The other family involved in the complaint is Ailsa and Theo Pella, whose eight-year-old son attends school in Surrey.

They claim they were denied diabetes care in school when they asked for some changes in their standardized plan.

Frances Kelly, a lawyer with the Community Legal Assistance Society, which is assisting the parents with their complaints, said a "one-size-fits-all" approach to accommodation does not comply with human rights law.

"It's got to be responsive to the needs of the child," she said. NEAL HALL/FOR METRO

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CSIS warns of online anti-Islam movement

Homegrown. Spy agency has characterized threat as 'ongoing risk'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by Islamic extremism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

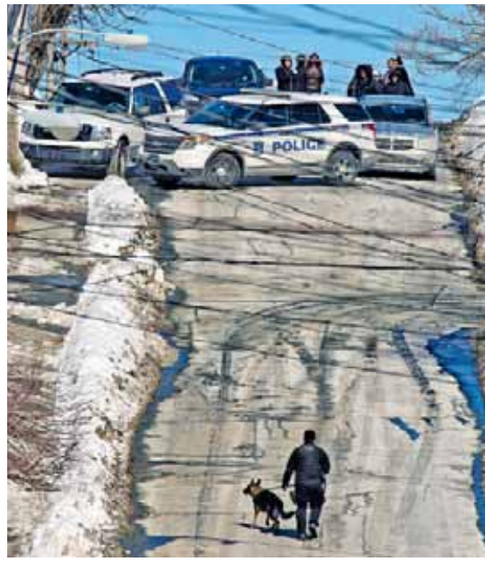
However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

THE CANADIAN PRESS



Three people released after potential Halifax mall threat

Police look for a person of interest related to a potential threat which forced the closure of the Mic Mac Mall on Tuesday in Dartmouth, N.S. Halifax police have released two men and a woman who were arrested after a mall in the city chose to close Tuesday morning over potential threats, although police were not able to confirm if the threat was valid. Police said in a release Tuesday night that the three were co-operative and it's not believed they were involved in the matter. They were not charged. THE CANADIAN PRESS

PTSD

Military report on soldier's suicide set to be released

Nearly seven years to the day a troubled young soldier killed himself on an Edmonton base, a report into whether the military police botched the probe into his death will finally be released. The publication of the Military Police Complaints Commission report next Tuesday is the latest step on a long road for the family of Cpl. Stuart Langridge. THE CANADIAN PRESS

Military

Top soldier plans to step down

The country's top military commander says he will step down later this year. Gen. Tom Lawson, who has been chief of defence staff for two-and-a-half years, ended speculation Tuesday night by confirming he has asked the government not to extend his term in the fall. THE CANADIAN PRESS

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Israeli prime minister assails nuclear-Iran deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons and would be a very bad deal, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats, in an appearance that has stirred political controversy in two countries.

Obama saw it differently, and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

Netanyahu spoke in English shortly after Secretary of State John Kerry met for more than two hours in Switzerland with Iranian Foreign Minister Mohammad Javad Zarif in hopes of completing an international framework agreement later this month to curb Tehran's nuclear ambitions.

The Israeli leader's appeal also came two weeks before tight elections in which he is seeking a new term — and after the invitation to address Congress extended by House Speaker John Boehner, a Republican, triggered a political furor in the United States because he did not consult the White House or Democratic leaders in the House and Senate.

THE ASSOCIATED PRESS

Quoted

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

Israeli Prime Minister Benjamin Netanyahu gestures while addressing the 2015 American Israel Public Affairs Committee (AIPAC) Policy Conference in Washington, Monday. THE ASSOCIATED PRESS

Ferguson. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Mo., police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law-enforcement officials familiar with the report.

The report marks the culmination of a months-long investigation into a police department that federal officials have described as troubled and that commanded national attention after one of its officers shot and killed an unarmed black man, 18-year-old Michael Brown, last summer. THE ASSOCIATED PRESS

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VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA

STEPHANIE ORFORD
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in addition to, not replacement of," she explained.

With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. ISTOCK

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication. Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:
- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

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METRO DAY AT H&M

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Here's your hat, what's your hurry?

Pharrell ALL PHOTOS: GETTY IMAGES

Tensions are reportedly running high behind the scenes at The Voice, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a--hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Quoted

"This season has brought out his true colours."

A source says of Adam Levine

Dean and Food Network Chop ties

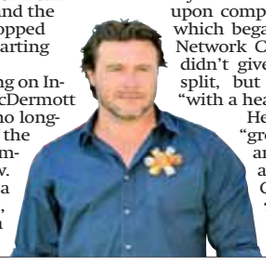
Canadian actor Dean McDermott and the TV series Chopped Canada are parting ways.

In a posting on Instagram, McDermott says he will no longer be host of the culinary competition show.

And in a statement, Shaw Media says McDermott will leave upon completion of season 2, which began Jan. 10 on Food Network Canada. McDermott didn't give a reason for the split, but said he's leaving "with a heavy heart."

He also thanked the "great crew, judges and chefs" as well as Food Network Canada.

THE CANADIAN PRESS



Dean McDermott

That's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name Masters of Sex star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'"

Which sounds like a mouthful, honestly.

Sarah Silverman and Michael Sheen

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James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

NED EHRBAR
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the biggest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can happen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

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Gritty new drama explores racial tensions in the States

To say that the gritty new TV drama American Crime is imbued with racial undertones is not enough for star Benito Martinez.

"Saying it's an undertone of race is being polite," he pointed out during a visit to Toronto last summer.

"I think race is right in your face the whole time. But it's not about racism. It's about different races, and their different views and their different realities.

"In a not-so-subtle way," he added, "it's about what you think you know about these people, who you actually don't know anything about."

Debuting Thursday on CTV and ABC, American Crime explores the aftermath of the murder of a young war veteran during a home invasion.

Felicity Huffman and Timothy Hutton portray the struggling parents of the deceased, while Martinez stars as the widowed father of the accused.

The show was created by John Ridley, who won an Academy Award for writing 12 Years a Slave and directed the warmly received Jimi Hendrix biopic All is By My Side.

Huffman has won an Emmy and a Golden Globe while also reeling in an Oscar nomination, and Hutton is also an Academy Award winner.

Surrounded by decorated screen veterans, Martinez was certainly appreciative of the pedigree of the cast and crew.

"Everything about (the show) has just been like: 'Don't pinch me, because I do not want to wake up'," he said.

Well, he does have a knack for working his way into challenging, dark TV fare.

In recent years, he's found recurring roles as an undercover CIA agent on the biker yarn Sons of Anarchy and as a Republican senator on the gloomy House of Cards.

To most audiences, however, he's still most familiar for his portrayal of the ambitious police captain-turned-politician David Aceveda on the influential, pitch-black cop saga The Shield.

THE CANADIAN PRESS

American Crime stars Benito Martinez as Alonzo Gutiérrez. CONTRIBUTED

'I'm like the luckiest guy'

"Look, I know I'm like the luckiest guy on the planet," Martinez said of his resumé. "When we were doing The Shield, we had incredible support from the network — we were on FX. We wanted to be the bridge between network television and HBO."

- "ABC has taken this show, which you would probably see on a cable network, and they put it on prime time," he added. "They said, 'Yes, we're going to tell stories like this.' It's a whole new ball game now."

Strange Empire

CBC cancels its edgy drama

CBC's dark western Strange Empire has been cancelled.

The public broadcaster says the rookie series, which premiered last October, is ending, but gave no further details.

Strange Empire was set in 1869 on the Alberta-Montana border and centred on a group of women who band together to survive.

When it premiered, the show was touted as an example of the CBC's bold new direction in the wake of budget cuts and the loss of NHL broadcast rights. THE CANADIAN PRESS

Illegal downloads. Season 3 of House of Cards twice as pirated as Season 2

Less than 24 hours after premiering on Netflix, the third season of House of Cards had already been illegally downloaded 680,000 times worldwide, according to the piracy tracker Excipio.

The new episodes were illegally downloaded 681,889 times worldwide in the 24 hours following the premiere.

This impressive figure suggests that piracy of the series has more than doubled since last year. In 2014, the second season was pirated 320,927 times during the day after its release on the platform. AFP

Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

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Ming-Na Wen, left, plays Agent Melinda May on Marvel's Agents of S.H.I.E.L.D. CONTRIBUTED

Marvel series full of inhuman acts

TV. Here are three things Agents of S.H.I.E.L.D fans need to know about the return of the series

It's fair to say that the mid-season finale of Marvel's Agents of S.H.I.E.L.D. changed pretty much everything for the characters on the comics-inspired saga. We learned that Agent Skye, played by Chloe Bennet, is really Daisy Johnson and that nothing will be the same for her again. She underwent a bizarre transformation that Marvel fans know has awakened dormant superpowers. Meanwhile, Raina, played by Ruth Negga, was also changed, but into what, exactly, has yet to be seen. During a recent stop in Toronto, co-star Ming-Na Wen, who plays Agent Melinda May, offered up a few tidbits about the final half of the second season. Here are three things to know about this month's return of Marvel's Agents of S.H.I.E.L.D., which airs Tuesdays on CTV.

Quoted

"There are just so many new layers of relationships and who these people are, and I can't wait for the fans to see it."

Series star Ming-Na Wen on the final half of the second season

1. Skye is "inhuman"

"We'll definitely be delving into Skye turning inhuman and how that affects the team. And, of course, definitely how that affects her," says Wen.

"It's really a new origins story about how this girl was picked up by Coulson and adopted by the S.H.I.E.L.D. family. She was sort of this outsider and she kind of became part of the family ... and now once again she's sort of an outsider because being an inhuman, we really don't know what to do with her."

2. Could there be more time in the makeup chair for Ruth Negga?

The transformation that overtakes Skye consumes Raina as well, but in a very different way, says Wen.

"Raina has been transformed externally as well," she notes. "Unlike Skye, who remains the same (physically) and you weren't quite sure what changed with her. But I think Raina got the raw end of the deal."

3. More characters are on the way

"Edward James Olmos will be playing a character, I'm a huge fan of his," Wen says of the Battlestar Galactica alum.

According to Marvel.com, he plays Robert Gonzales, whose arrival "will have massive repercussions" for the team.

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It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's Guernica and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's Guernica. THE ASSOCIATED PRESS

St. George's Market

Every Friday and weekend this Victorian market offers a showcase for local crafters and food stalls. A long-derelict landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

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The jobs of summer aren't gone (quite yet)

Employment. The days are getting longer, and recruitment for summer work is already in full swing

CELINE TARRANT
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A lucky few have a summer job offer in hand, but if you haven't, don't worry. There's still time to land that seasonal gig — here's how.

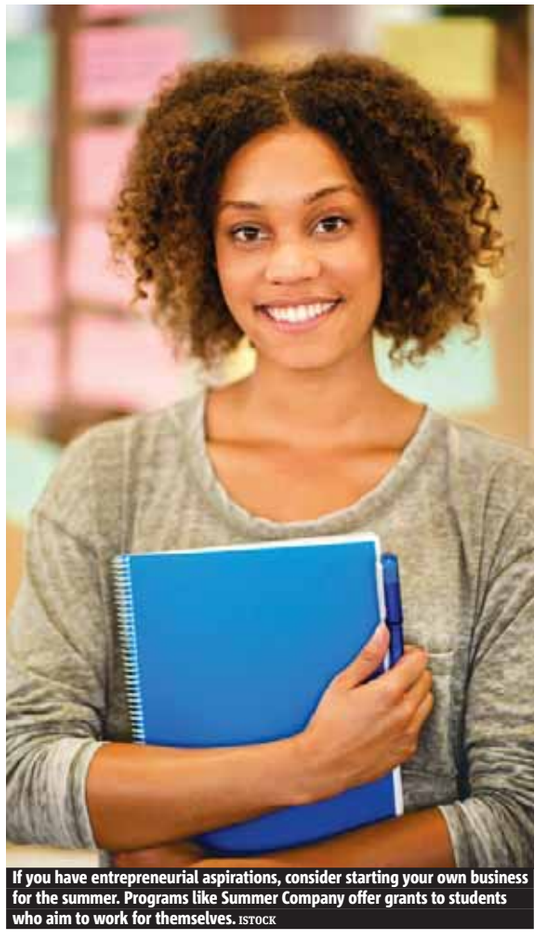
Update your resumé, cover letter, and LinkedIn profile
It's time to dust off the most recent version of your resumé, and make sure it's fully up to date. If you are adding quite a bit of new information, you may need to remove some older experience off your resumé. Be sure to pay special attention to formatting; since recruiters scan through these documents quickly, it should be optimized for readability.

While your cover letter should, of course, be customized for each position, it's a good idea to have a generic template prepared with your best stories and experiences. It will provide a good jumping off point for job-specific cover letters later on.

Resumés no longer just live on paper. Don't forget to update various digital versions of your resumé, whether it be your LinkedIn profile, other professional profiles, or a personal website. Anywhere online where you may have a resumé uploaded, make sure you replace it with your updated one.

Apply to postings — but not every posting
Many people believe that the more jobs you apply to, the better chance you have of getting a call back. This is true to some extent, but when you start firing off resumés and generic cover letters to postings that don't fit with your profile or career goals at all just for the sake of applying, hiring managers can tell.

It's often better to do a few things well than do many things poorly, and this definitely holds true for job applications. Be at least somewhat selective in applying to job postings. Only apply to companies and roles you've really researched, and can prepare a stellar and customized application for. You need to be able to tie all your past experience, skills, and interests into a compelling story about why you should have the job you seek. If you find you are really stretching to make that connection, it's probably not the right job for you.



If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who aim to work for themselves. ISTOCK

Leverage your network
LinkedIn is a great way to leverage your personal network to find a summer job. Search companies you are interested in on LinkedIn, and see who in your network works there.

If it's someone you have a second- or third-degree connection with, try to get someone to introduce you. If you can't get a formal introduction, send a short message and bio, and ask if you can speak with them further by email or phone.

You can also filter search results by what school people attended, which is a great way to find alumni from your school who are currently working at companies you are interested in. Reaching out to alumni is a great networking strategy, since you already have something in common.

For contacts that you have a more personal relationship with (like friends and family), make sure to let them know that you are hunting for a summer internship, and give them an updated copy of your resumé.

Send cold emails
Applying to live postings is only half the battle. Research other companies you are interested in that might not have summer job postings. Check company websites for contact information and see if there is someone you can reach out to with a cold email.

The response rate on cold emails is higher than you might think.

Even if you can't get directly in touch with a decision-maker, many people are happy to answer questions and connect you with the right person.

Update your portfolio
Summer job-hunting is the perfect reason to make sure your portfolio is fully up to date.

Take this time to refresh your portfolio with your latest and greatest accomplishments.

Reviewing your portfolio periodically is a good exercise to provide you with inspiration for your cover letters and interviews. Sometimes it's easy to forget your own accomplishments, and this process will keep everything top of mind as you go through the summer recruitment season.

Have a backup plan

Though it may feel like the end of the world if you don't end up with a summer gig, if you have a solid backup plan in place, you can still make the most of your summer. The worst thing you can do is nothing.

- Unpaid internships and volunteer work still look great on a resumé, and most places will let you flex your schedule around a part-time job. It's usually much easier to get a volunteer position in your desired field than paid work, and is great preparation for future recruiting seasons.
- Summer courses are another productive way to get ahead of your workload for next year. If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who start their own business.

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The importance of an introvert in the office

Career. You may find an indispensable employee in the shy professional

JINGWEI YAN
TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to remember that these are just stereotypes. Personalities are diverse, and there is always a way to use your qualities to an advantage.

This article will highlight instances where having and developing the qualities of introversion can help you excel in the workplace.

Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.
- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech.

It involves your attention to body language and to what is not being said. In meetings, take detailed notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting. This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.

The value of individual introversion in the workplace is often overlooked. ISTOCK

Focusing

There is absolutely nothing wrong with wanting to work alone. If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork.

For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work. If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there. It would be best to block off the same time everyday so your colleagues become familiar with your schedule. Of course, make sure this complies with management first.

"Our only limitations are those which we set up in our own minds."
› Elizabeth Arden: Self-Made Maven
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Forging your first mentor-mentee relationship

Career. You've finally landed that coveted position and now it's time to give back

ALLISON TSE
TalentEgg.ca

So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your career. These skills include: giving constructive feedback, communicating in a clear and concise way, and being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

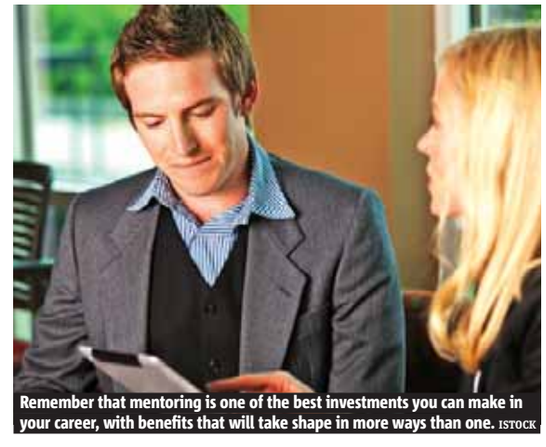
You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived at. Mentorship is a rare opportunity to gain a closer view into another person's perspective and decision-making process, and simultaneously learn from it.

You'll reflect on your own actions and learn from them.

As you mentor someone else, you'll likely provide candid advice based on your own successes and failures.

Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.



Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK

ID fraud expected to rise in 2015: Experts

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

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You receive a phone call and learn that you no longer own your home. A fraudster used personal information to impersonate you and transfer the property's title from your name to theirs. The fraudster is now free to sell or re-mortgage the property for themselves or register a mortgage with the intent of walking away with the proceeds. When the lender fails to receive regular payments, proceedings commence to sell your home – all from a mortgage you knew nothing about.

In either case, you are left with the heavy burden of defending your title – a stressful, costly and time-consuming process.

This scenario is called real estate title fraud and is an unfortunate potential reality for any homeowner. Thankfully, protection from losses arising from these types of frauds is available in most title insurance policies for residential homes.

Homeowners who did not obtain title insurance at the time their property was purchased can order an Existing Homeowner Policy which can provide **peace of mind** in knowing that one of your most significant investments – your home – is protected from many of the losses that can occur as a result of being the victim of real estate title fraud.

The Existing Homeowner Title Insurance Policy is available for a **low, one-time premium and is ordered through your real estate lawyer**. Coverage lasts for as long as you own your home, and there is no deductible should you make a claim under the policy for title fraud coverage.

For more information, contact your real estate legal professional or visit www.stewart.ca.

**This is intended to provide information of a general nature only. Please review your actual policy for full coverage details.*

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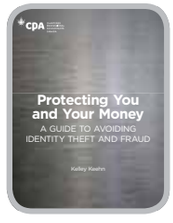
1 IN 3 CANADIANS IS A VICTIM OF FRAUD

Identity theft is a rapidly growing crime in Canada—mass marketing fraud alone totalled more than $52 million.



Protect yourself with tips from fraud and identity theft experts in this must-read book, *Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud.*

- Spot current scams and avoid them
- Recapture your life if your identity has been stolen
- Find where to go for help and support

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This Buffalo Chicken and Kale Stuffed Mushrooms recipe makes 15 mushrooms. MATTHEW MEAD/ THE ASSOCIATED PRESS

Mushroom caps meet Buffalo Chicken

Mushrooms are satisfying, yet a cup has just 15 calories (and two grams of protein). Plus, they offer a dose of antioxidants, vitamins, minerals and dietary fibre. But the real benefit is that the deep flavour of mushrooms will make you forget you are eating something healthy. Since gametime snacks could use a healthy kick, take the flavours of a Buffalo wing and stuff them into a mushroom.

1. Heat oven to 375 F. Line rimmed baking sheet with foil, then mist with cooking spray.

2. Use damp paper towel to wipe mushroom caps clean, then season with salt and pepper. Set aside.

3. In sauté pan over medium heat, melt butter. Add shallot and garlic and sauté until soft, about 3 minutes. Add kale and sauté until wilted. Add lemon juice, cover and allow to steam 2 minutes. Uncover, remove pan from heat; stir in chicken.

4. In bowl, mix cream cheese, hot sauce and blue cheese crumbles. Add kale and chicken mixture to cream cheese mixture and mix well. Spoon cheese filling into mushroom caps, then arrange filled caps on prepared baking sheet. Mist tops lightly with olive oil cooking spray, then bake 25 minutes, or until tops are golden and mushrooms are tender.

THE ASSOCIATED PRESS / MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.

Ingredients

- Two 10-oz packages medium white button or cremini mushrooms, stemmed
- Kosher salt and ground black pepper
- 1 tbsp butter
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 bunch kale, stems removed, finely chopped (about 1 cup)
- 1 tbsp lemon juice
- 3/4 cup chopped cooked chicken
- 8 oz light cream cheese, softened
- 1/4 cup hot sauce
- 1/4 cup blue cheese crumbles
- Olive oil cooking spray

"Someday, somehow, I am going to do something useful, something for people."
› Edith Cavell: Courageous Caregiver
Hailed as a brave martyr and a pioneer of modern nursing, Edith was a surprising 30 years old before she embarked on her medical training. In fact, it wasn't until helping restore her father to health that she resolved to take up nursing as a career, and went down in history as a life-saving patriot without discrimination.
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Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members

DINNER EXPRESS
Emily Richards
food@metronews.ca

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

Directions

1. Mushroom Stock: In pot, combine shiitake and oyster mushrooms stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden. Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to desired texture. Stir in cream, salt and pepper, and heat until steaming.

This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 each tbsp (15 ml) chopped fresh thyme and tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped

2 bay leaves

- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

SPORTS 4

Sharks consume Canucks

NHL. Markstrom pulled after allowing three goals on four shots

CAM TUCKER
cam.tucker@metronews.ca

Jacob Markstrom's season debut with the Vancouver Canucks could not have gone much worse.

Recalled to Vancouver after the injury to Ryan Miller, and having another impressive season down in the American Hockey League, Markstrom was pulled 7:45 into the first period after the visiting San Jose Sharks lit up the Swedish netminder for three goals on four shots.

Markstrom made one save — a pad stop that turned into a rebound, which turned into San Jose's third goal. His evening ended there.

Eddie Lack, who had started each of the last three games, took over in the crease. Markstrom took a seat at the end of the bench. And the Canucks took a 6-2 loss on home ice to a team that had played the night before and had to travel into Vancouver.

The Canucks sit second in the Pacific Division. They had a chance to put a seven-point cushion between them and the Sharks in the playoff race. Instead, San Jose closed to within three points.

The Canucks' Linden Vey moves the puck along the board while being chased by the Sharks' Barclay Goodrow at Rogers Arena on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

On Tuesday

Sharks	Canucks
6	2

It didn't get better for the Canucks on the out-of-town scoreboard.

The Calgary Flames won in overtime. The L.A. Kings dominated Edmonton. Two more teams. trailing the Canucks in the Pacific. closed within three points of Vancouver.

Two nights ago, the Canucks fell behind by two goals early in the first period, then took a three-goal lead, only to surrender it before winning in the shootout.

A three-goal deficit was too much for the home team on Tuesday.

Follow Cam Tucker on Twitter @camtucker_metro

MLS. Labour dispute could impact start of regular season

In the midst of the club's training session Tuesday, the Vancouver Whitecaps released a statement saying there were 1,000 tickets available for Saturday's season opener against Toronto FC.

The big question now is will there actually be a Whitecaps season opener on Saturday?

The MLS Players Union and the league have, as of Tuesday's deadline, still not reached a collective bargaining agreement, and the regular season is set to officially get underway on Friday.

Following Tuesday's session at UBC, Whitecaps player representative Steven Beitashour was asked about when, if necessary, a strike vote would take place.

"It's either late (Tuesday night) or (Wednesday) morning," Beitashour told reporters. "So we'll find out hopefully in 24 hours."

This most recent CBA expired on Jan. 31.

The union is looking to get a new deal that includes free agency, which the league currently does not have.

"We are getting down to the wire," said Beitashour. "Both parties aren't going to be 100 per cent happy, but it's a negotiation, so we've just got to keep working on it and hopefully we can get to something."

Meanwhile, the Whitecaps are preparing as if Saturday's game is a go.

"Everybody wants a deal, but there have to be some terms we as players can agree upon," said goalkeeper David Ousted. CAM TUCKER/METRO

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2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) $37,595/$52,245

Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.

All-new model for 2010, with major facelift and updates for 2014.

Interesting features

Very generous back seat space and comfort; I4 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

Quietly adept at everything

Review. Buick's largest sedan, the LaCrosse, is also its most luxurious

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather so it competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates from both the mainstream and luxury brands. Think Toyota Avalon, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of $52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the speakers and be paired with iPhone for Siri Eyes Free.

Once you're set up, it's time to drive, and the first impression is one of smoothness and quiet. Quiet Tuning is a Buick "branding" thing, but it's legit. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does GM's 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels agile on its feet, and the AWD versions have torque going to the rear wheels, for more balance in cornering and smooth takeoffs.

The smoothness and quietness might be reason why the 300-hp V6 doesn't feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of it.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss.

Compare

1 Lexus ES350
Base price: $43,595
A Camry with the Lexus treatment.

2 Lincoln MKS
Base price: $49,860
Standard AWD, but lacks finish.

3 Chrysler 300
Base price: $39,590
RWD, not quite premium, but nice.

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Waging war on waste in the auto industry

Driving Force. Making vehicles more environmentally friendly isn't just about reducing fuel use and emissions.

JIL MCINTOSH
drive@metronews.ca

It takes many resources to build a car, and manufacturers are always looking at ways to improve the process and reduce the amount of waste.

"We use the 'Three Rs' and add a fourth, which is refuse," says Brad Nichol, assistant manager of production control at Toyota Motor Manufacturing Canada.

"If material is of no use to us, such as parts we don't need, we refuse them at the door. We work with our suppliers to find returnable packaging. Not just replacing a cardboard box with a tote, but the layers that protect the parts have to be returned to the supplier, and that's done a great deal in reducing our waste."

These returnable items now include dunnage, the foam or other soft material that's used to protect smaller parts when they're packed inside boxes. The dunnage is returned and as much of it as possible is used again when the next shipment of parts is packed for delivery.

Automotive plants use large amounts of power and water, but along with obvious solutions such as more efficient light bulbs, companies also look for improvements that eliminate issues at the source. For example, improved auto paint formulas and application methods can cut down on factory emissions and waste overspray, and require far less electricity when curing the finish.

One of the major goals for all automakers is to reduce the amount of waste they send to landfills, and 32 of Toyota's North American facilities now meet the definition of a zero-waste business, meaning they divert 90 per cent or more of all their waste from landfills or incineration.

Whenever possible, waste is diverted directly inside the plant, further reducing costs by not having to ship the material to a recycler.

"We manufacture plastic bumpers, and if we find a defect, we take that rejected bumper, send it to a grinder, and it becomes raw material for the next bumper," Nichol says. "We have quality standards to make sure (the ground plastic) is not contaminated before we reuse it."

Manufacturers also look to their workforce, and programs include composting waste in plant cafeterias, colour-coding waste and recycling bins so that trash can be effectively sorted, and offering incentives for employees to come up with innovative ways to improve the plant's waste reduction processes.

A resumé of reduction

- Car manufacturers strive to meet certification by LEED (Leadership in Energy and Environmental Design), an international rating system for cost-effective "green" buildings.
- "New car smell" comes from toxic substances found in glue, plastic, textiles and other components. Automakers are working with suppliers to develop safer substitutes.

Auto plants are striving for efficiency, such as reducing the number of steps an employee must take to finish each job. CONTRIBUTED

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2010 MAZDA MAZDA3 SPORT GT
2.5L, it comes with A/C, power group, keyless entry, CD player, AM/FM radio, split folding rear seats, tenneau cover included, power sunroof.
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10654

2009 HYUNDAI TUCSON
Limited edition, 4x4, automatic, air condtioning, heated leather seats, sunroof, CD player, AM/FM radio, roof rails, power group, keyless entry, split folding rear seats.
$54 WEEKLY @ 78 MONTHS SALE PRICE $12,995

AB10609A

2009 HONDA ACCORD EX-L
Automatic, convenience package, climate control, power sunroof, alloy wheels, heated leather seats, keyless entry , traction control, CD, AM/FM radio.
$62 WEEKLY @ 78 MONTHS SALE PRICE $14,995

AB10644

2008 JEEP GRAND CHEROKEE
Diesel, Overland edition, 4X4, automatic, climate control, power locks, power mirrors keyless entry, power sunroof, leather seats, CD, AM/FM radio.
$94 WEEKLY @ 66 MONTHS SALE PRICE $17,995

AB10591

2006 NISSAN X-TRAIL SE
2.5 litre, 4 cyl. engine, automatic, 4x4, power moonroof, A/C, split folding rear seats, power locks, power mirrors, power windows, keyless entry, drives great!
$56* WEEKLY @ 60 MONTHS SALE PRICE $9,995

S14500A

2006 HONDA ODYSSEY EX-L
Stow and go package It comes with convenience package, A/C, CD, AM/FM radio, automatic transmission, 7-seater, front and rear beverage holders, power group.
$50* WEEKLY @ 60 MONTHS SALE PRICE $7,995

AB10616

2006 CHRYSLER 300C
5.7 hemi, V8, RWD, powerful engine, power locks, power windows, power mirrors, power sunroof, heated leather seats, climate control, drives like new!
$56* WEEKLY @ 60 MONTHS SALE PRICE $9,995

S15413A

2004 HYUNDAI SANTA FE GL
AWD, automatic, 2.7L 6 cyl. engine, roof rails, split folding rear seats, air conditioning, power locks, power mirrors, power windows, power moonroof, leather interior.
$55* WEEKLY @ 36 MONTHS SALE PRICE $5,995

AB10614

2014 DODGE CHARGER SXT
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AB10411

2004 DODGE DURANGO LIMITED
DVD player, heated vinyl seating, power adjustable pedals, power front seats, sunroof, automatic and rear climate control, AWD or lock in 4WD, 7 seater! Great deal!
$63* WEEKLY @ 36 MONTHS SALE PRICE $6,995

AB10638

2013 HYUNDAI ACCENT
4 cyl. auto, a/c, full power group, roomy and comfortable, CD player, AM/FM radio, USB/AUX compatible, rear defroster, heated front seats, why buy new? Save big!
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V14531B

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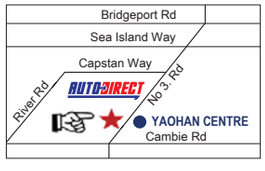

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

♉ Taurus
April 21 - May 21
Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

♋ Cancer
June 22 - July 23
Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

♌ Leo
July 24 - Aug. 23
Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

♍ Virgo
Aug. 24 - Sept. 23
Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

♎ Libra
Sept. 24 - Oct. 23
Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

♏ Scorpio
Oct. 24 - Nov. 22
Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

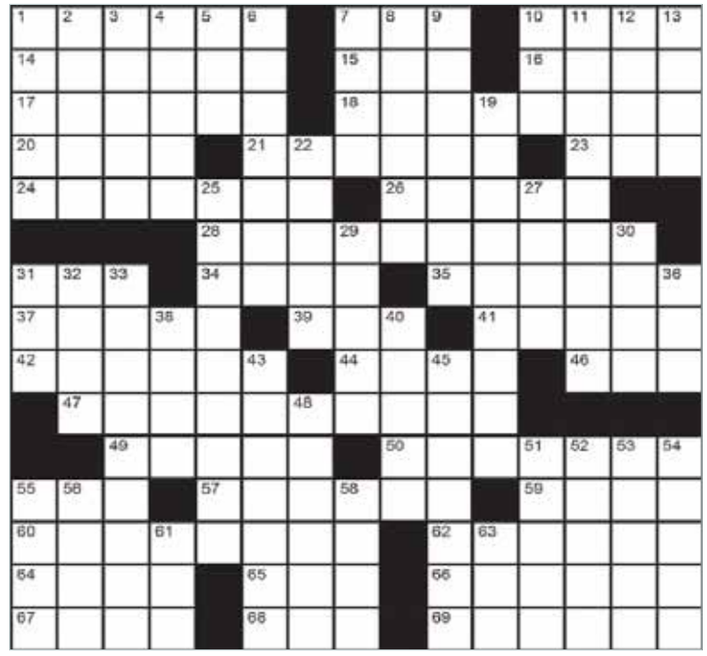
♐ Sagittarius
Nov. 23 - Dec. 21
If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

♑ Capricorn
Dec. 22 - Jan. 20
If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

♒ Aquarius
Jan. 21 - Feb. 19
Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

♓ Pisces
Feb. 20 - March 20
If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan



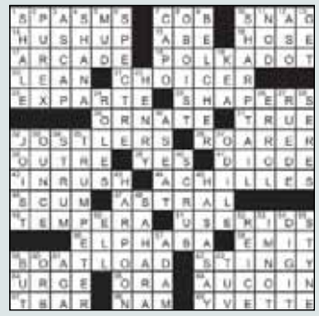
Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal __ (Canadian real estate company)
15. Mens __ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had __ __ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La __ __ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. __ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units
47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.
62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a __ extent

Down

1. Dishes: French
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's __ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. __ Blaikie, former Canadian law firm
9. Single-named contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian __
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's "Strange Empire"
22. Catriona __ __ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family __
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variantly
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "'Canadian' ...is __ __ adjective?" A. "Yes, but also a noun."
61. QB's feats
63. Carling in Ottawa, e.g.

Yesterday's Crossword

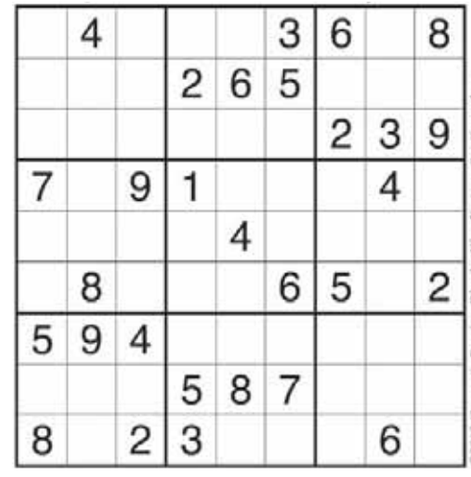


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

8	2	1	7	9	5	3	6	4
6	7	4	2	8	3	5	1	9
9	3	5	6	4	1	7	8	2
3	4	9	8	5	2	6	7	1
1	6	8	3	7	9	2	4	5
7	5	2	4	1	6	8	9	3
2	9	3	1	6	7	4	5	8
5	8	7	9	3	4	1	2	6
4	1	6	5	2	8	9	3	7

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